



El Dorado Senior Program– OCTOBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Monday - Friday 9a.m. - 5p.m. (562) 570-3225 2800 Studebaker Rd, Long Beach, CA 90815	¹ Senior Fitness \$4 (10-11am) Card Games (12-4:30pm) Bingo (12:15pm) Book Club (1-2:30pm) AARP (1-5pm) American Mahjong (2-5pm)	² Zumba Gold Toning \$4 (9-10am) Quilters (9-12:30pm) Chair Stretching (10-11am) Grief Support Group (10-11am) Ballroom Dance Class \$4 (10:30am) Comfort Keepers Info Table (12pm) Big Band & Dance (12:30-2:30pm)	³ Senior Fitness \$4 (10-11am) Contract Bridge (12-3pm) Art Therapy (12-3pm) Line Dance \$3 (1-2pm) Guided Autobiography (2pm)	⁴ Zumba Gold \$4 (8:45-9:45am) Longevity Stick (9-10am) Card Games (9-3pm) Chair Stretching (10-11am) Almost Ballet \$5 (10-11am) Crochet & Knitting (10-12pm)
⁷ Longevity Stick (9-10am) Chair Stretching (10-11am) Chinese Mahjong (10-2pm) Big Band & Dance (12-2pm)	⁸ Senior Fitness \$4 (10-11am) Glucose Check HCP Card Games (12-4:30pm) American Mahjong (2-5pm)	⁹ Zumba Gold Toning \$4 (9-10am) Quilters (9-12:30pm) Chair Stretching (10-11am) Grief Support Group (10-11am) Ballroom Dance \$4 (10:30am) Big Band & Dance (12:30-2:30pm)	¹⁰ Senior Fitness \$4 (10-11am) Contract Bridge (12-3pm) Art Therapy (12-3pm) Line Dance \$3 (1-2pm) Hospice 101 Vitas (12:30pm) Guided Autobiography (2pm)	¹¹ Zumba Gold \$4 (8:45-9:45am) Flu Clinic (9am-2pm) Longevity Stick (9-10am) Card Games (9-3pm) Chair Stretching (10-11am) Almost Ballet \$5 (10-11am)
¹⁴ Longevity Stick (9-10am) Chair Stretching (10-11am) Chinese Mahjong (10-2pm) Big Band & Dance (12-2pm) Hearing Screening (9:30am)	¹⁵ Senior Fitness \$4 (10-11am) Card Games (12-4:30pm) Bingo (12:15pm) American Mahjong (2-5pm)	¹⁶ Zumba Gold Toning \$4 (9-10am) Quilters (9-12:30pm) Chair Stretching (10-11am) Grief Support Group (10-11am) Ballroom Dance \$4 (10:30am) Home Instead Info Table (12pm) Big Band & Dance (12:30-2:30pm)	¹⁷ Senior Fitness \$4 (10-11am) Contract Bridge (12-3pm) Art Therapy (12-3pm) Line Dance \$3 (1-2pm) Guided Autobiography (2pm)	¹⁸ Zumba Gold \$4 (8:45-9:45am) Longevity Stick (9-10am) Card Games (9-3pm) Card Making (9:30-12:30pm) Chair Stretching (10-11am) Almost Ballet \$5 (10-11am) Crochet & Knitting (10-12pm)
²¹ Longevity Stick (9-10am) Chair Stretching (10-11am) Chinese Mahjong (10-2pm) Big Band & Dance (12-2pm) AARP TEK (1-2:30pm)	²² Senior Fitness \$4 (10-11am) Card Games (12-4:30pm) American Mahjong (2-5pm)	²³ Zumba Gold Toning \$4 (9-10am) Quilters (9-12:30pm) Chair Stretching (10-11am) Grief Support Group (10-11am) Ballroom Dance \$4 (10:30am) Cogniciti Info Table (12pm) Big Band & Dance (12:30-2:30pm)	²⁴ Senior Fitness \$4 (10-11am) Contract Bridge (12-3pm) Art Therapy (12-3pm) Line Dance \$3 (1-2pm) Guided Autobiography (2pm)	²⁵ Zumba Gold \$4 (8:45-9:45am) Longevity Stick (9-10am) Card Games (9-3pm) Chair Stretching (10-11am) Almost Ballet \$5 (10-11am) Crochet & Knitting (10-12pm)
²⁸ Longevity Stick (9-10am) Chair Stretching (10-11am) Chinese Mahjong (10-2pm) Big Band & Dance (12-2pm)	²⁹ Senior Fitness \$4 (10-11am) Card Games (12-4:30pm) American Mahjong (2-5pm) Bingo (12:15pm)	³⁰ Zumba Gold Toning \$4 (9-10am) Quilters (9-12:30pm) Chair Stretching (10-11am) Grief Support Group (10-11am) Ballroom Dance \$4 (10:30am) Halloween Big Band & Dance (12:30-2:30pm)	³¹ Senior Fitness \$4 (10-11am) Contract Bridge (12-3pm) Art Therapy (12-3pm) Line Dance \$3 (1-2pm) Guided Autobiography (2pm)	<u>HSA Senior Lunch Program</u> Lunches are served at 11:30am Monday-Friday and must be ordered 24 hours in advance. For reservations, please call (562) 429-4283.